

Tasty Tots

Meal Components: Vegetable - Red / Orange, Vegetable - Other

Side Dishes, Snacks, I-23r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, peeled, coarsley shredded	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt	1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. 2. Bake sweet potatoes until slightly tender. DO NOT OVERCOOK.
Canned low-sodium garbanzo beans (chickpeas), with liquid	3 lb 7 oz	2 qt 1 1/2 cups (1/2 No. 10 can)	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	
Vegetable oil		1/2 cup		1 cup	4. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, and cinnamon. Mix well. For 50 servings mix in enriched all-purpose flour to help bind the product.
Salt		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
*Fresh green onions, finely diced	3 oz	3/4 cup 2 Tbsp	6 oz	1 3/4 cup	

Onion powder	2 tsp	1 Tbsp 1 tsp
Ground cinnamon	2 tsp	1 Tbsp 1 tsp
Enriched all-purpose flour	2 1/2 oz	1/2 cup

- 5. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten toots.
- 6. Using a No. 40 scoop, place mixture 1-inch apart on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.
- 7. Bake until light brown:
- 8. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 9. Critical Control Point: Hold at 135 °F or higher for hot service.
- 10. Serve 6 tots.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest’s recipe development during an afterschool cooking class led

by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

†The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

FACT: Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Sweet potatoes	9 lb 14 oz	19 lb 12 oz
Green onions	3 3/4 oz	7 1/2 oz

Serving	Yield	Volume
6 tots provides: 3/8 cup red/orange vegetable and 3/8 cup other vegetable.†	25 Servings: about 7 lb 5 oz	25 Servings: 150 tots
	50 Servings: about 14 lb 10 oz	50 Servings: 300 tots

Nutrients Per Serving					
Calories	186.22	Saturated Fat	0.41 g	Iron	1.52 mg
Protein	4.79 g	Cholesterol		Calcium	55.16 mg
Carbohydrate	31.66 g	Vitamin A	15408.01	Sodium	381.06 mg
Total Fat	4.92 g		IU	Dietary Fiber	5.54 g
		Vitamin C	18.61 mg		